

Houston Parks and Recreation Department

Youth and Family Engagement

Activities

Week of June 15 – June 19, 2020

Hot Potato

This physical activity will get giggly! Simply get a soft ball or object and toss it to a participant. Tell them to toss it to someone else as quickly as possible. Everyone repeats this. When does this game end? Who knows? Just get rid of it!

Variations – Play short segments of music while they toss the “potato”, stop the music, and the last one to touch it after the music stops is out.

Nature Hunt (Walking Field Trip) (Hands-on Nature)

After the listing of natural objects like bird’s feathers, smooth rock, wildflowers, leaves and so on, give each player a paper bag. They must collect all the objects in the list. You can set a time limit for collecting to make the game more fun. The first player with all the items will be declared as the winner.

Passing Doubles (Instructional Soccer)

Pairing up your athletes, have them stand apart from one another at a comfortable distance. Get them to begin to pass to each other using the inside of their feet. This drill teaches how to receive a ball with ease as well as passing it off, so the next person has an easy time stopping the ball and then kicking forward.

Story Time (Literacy)

One participant begins a story with a single sentence. Building upon that sentence the next participant continues the story with his own sentence to continue the story. You can vary this game so that the story is told with alternating words, phrases, sentences or paragraphs.

Painting to the Music (Social Emotional Learning)

Play the first music track. Listen before you begin to paint. Visualize the music and the colors, gesture and shapes that come to you as you listen. Encourage participants to paint in the air before beginning their art piece. Once you have familiarized yourself with the music style, begin painting or drawing on your paper. Do not stop until the music ends. Choose a music track of a different style. Begin the music track and begin on a new piece of paper. Continue creating new art pieces with every different type of music style you hear. Write the name of the music composer or music work on the back of the art piece.

Make A Wish (Sidewalk Chalk Art)

Get out your sidewalk chalk and draw a birthday cake on the sidewalk. You can add however many candles needed and then have participants “blow them out” in a photo.